177TH FIGHTER WING
JERSEY DEVILS

SAFETY AND HEALTH NEWSLETTER

MARCH 2002

ELECTRICITY

ON THE JOB & HOME SAFETY

Each day electricity lights the office, runs the machinery and heats the buildings. It's easy but dangerous to take electricity for granted. To protect your coworkers, your family and yourself, practice electrical safety.

Electrical Hazards

Electric wiring, fixtures, equipment and machinery can be hazardous.

First, they can cause fires and explosions. Wood, paper, and some chemicals can catch fire from just a spark.

Second, electricity can burn, shock or even kill you, depending on the strength of the shock.

Third, when you are shocked, your muscles can contract violently, causing serious falls or other accidents including thermal burns and heart damage.

Fourth, when electric equipment is not turned off after use, the next person to use it may no know the power is on. That person can be shocked or injured.

Understand Electricity Facts

Electricity travels over "conductors" (any material that allows electricity to flow). Electricity always tries to reach a ground. Excellent conductors include people, water, damp floors or metal. An "insulator" is the opposite of a conductor. Electricity cannot flow easily through insulators like plastic, rubber boots, dry wood or glass.

Practice Electric Safety At Work

Protect yourself by following these important rules for electrical safety.

⇨ Don't use any appliance or machinery while you are touching metal or anything wet.

⇨ Unplug machinery and appliances before cleaning, inspecting, repairing or removing anything from them.

⇨ Keep electrical equipment, machinery and work areas clean. Oil, dust, waste and water can be fire hazards around electricity.

⇨ Keep access to panels and junction boxes clear.

⇨ Move flammable materials away from electric heat sources and lights.

⇨ Know the location of fuses and circuit breakers.

⇨ If you are not trained to work in high voltage areas, do not enter them, even in an emergency.

Continued on page 2

177th
FIGHTER WING
SAFETY STAFF

MAJOR TIM HASSEL
CHIEF OF SAFETY

CMST ROBERT FUSCO
GROUND SAFETY MANAGER

SMSGT WILLIAM SCHROER
EXPLOSIVE SAFETY

MSGT STEPHEN RUDOWSKI
SAFETY TECHNICIAN

If you have any safety related topics you would like to see in our publication or have any questions that we can help with, please contact the Wing Safety Office at 6013 or e-mail at Robert.Fusco@njatla.ang.af.mil

⇨ Make sure all electrical equipment is properly grounded.

⇨ Plug power tools into grounded outlets and use Ground Fault Circuit Interrupters (GFCIs) outdoors or in wet locations.

⇨ Check with you local utility before you dig or work near suspended power lines. A "live" line is very dangerous.

⇨ If someone has been shocked, turn off the power source before doing first aid. If you can't turn off electricity easily, use rope, wood or other insulator to pull the victim away.

⇨ Use "A-B-C" rated extinguishers for electrical fires. Never use water.

Report Unsafe Conditions

Report unsafe conditions to your supervisor:

- ⇨ hot, sparking, overheating or smoking machinery
- ⇨ corroded outlets, switches and junction boxes
- ⇨ extension cords (extension cords are for temporary use only)
- ⇨ exposed wiring, broken plugs, outlets, or wall; missing box covers or faceplates
- ⇨ never use outlets in damp areas without GFCI's protected circuits

LOCKOUT/TAGOUT

PREVENTING MACHINE SURPRISES

When it's time for maintenance, repairs, or machine set up, simply unplugging the machine being worked on is not enough. Many serious accidents happen when someone thought a machine or electricity was safely "off". Lockout/Tagout" is a way to protect yourself and others.

Lockout/tagout ensure that machines and electricity remain temporarily "off".

Think, plan and check. If you are in charge, think through the entire procedure. Identify all parts of any systems that need to be shut down. Determine what switches, equipment, and people will be involved. Carefully plan how restarting will take place. Develope a written plan.

Communicate. Let all affected employees know that a lockout/tagout procedure is taking place.

Identity all appropriate power sources. Whether near or far from the job site. Include electrical circuits, hydraulic and pneumatic systems, spring energy and gravity systems. Watch for systems with backup power sources.

Neutralize all appropriate power at the source. Disconnect electricity. Block movable parts. Release or block spring energy. Drain or bleed hydraulic and pneumatic lines. Lower suspended parts to rest positions.

Lockout all power sources. Each worker should have a personal lock, labeled with his or her name and department. You may also use clips, chains and lockout boxes.

Tagout all power sources and machines. Tags should explain the reason for the lock-out, your name, how to reach you, and the date and time of Lockout/Tagout.

CARBON MONOXIDE POISONING PREVENTION

Carbon monoxide is often referred to as CO, which is its chemical symbol. Unlike many gases, CO is odorless, colorless, tasteless, and nonirritating. Red blood cells absorb CO over 200 times more readily than oxygen. As levels of CO in the air increase, this gas replaces oxygen in the bloodstream. As a result, body tissues are damaged and may die from a lack of oxygen.

Knowing the major causes of carbon monoxide poisoning and using measures to eliminate them will prevent many needless tragedies.

The following relates to various areas in your environment that will help you in dealing properly with the unseen, deadly hazard of carbon monoxide.

- A yearly checkup of all fuel-burning venting systems in the home is desirable.
- A yearly checkup of all combustion appliances is suggested. In many areas, upon request, the gas company will provide this service.
- All gas appliances must have adequate ventilation so that CO will not accumulate.
- Chimney vents often become blocked by debris causing a buildup of CO They should be checked annually.
- Often a makeshift patch can lead to an accumulation of CO, and therefore should be avoided.
- In-room vent pipes should be on a slight incline as they go toward the exterior. This will reduce leaking of toxic gases in case the joints or pipes are improperly fitted.
- Using a gas range for heating can result in the accumulation of CO.
- An unusual odor from a gas refrigerator often is the result of defects within the cooling unit. Odorless CO also may be given off.
- The use of barbecue grills indoors will quickly result in dangerous levels of CO.
- Burning charcoal-whether black, red, gray or white-gives off CO.
- Although catalytic heaters produce heat without flame, combustion is occurring that can cause the production of CO.
- Using a gas camp stove for heating the home, cabin or camper call result in the accumulation of CO.

REMEMBER

FOR ALL FIRE AND MEDICAL EMERGENCIES

CALL 911

HAZARD ALERT

CPSC, BSH Home Appliances Corp. Announce Recall of Thermador Gas Ranges

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), BSH Home Appliances Corp., of Huntington Beach, Calif., is voluntarily recalling about 2,460 Thermador brand gas ranges. Hot air is vented below the small oven and causes the metal surface on the door of this oven to get too hot, presenting a burn hazard to consumers.

BSH has received one report of high temperatures on the surface of one of the ranges. No injuries have been reported.

The recalled ovens are 48-inch All-Gas Professional Ranges and were sold under the Thermador brand name. The ranges are stainless steel and have small and large side-by-side ovens. Only model numbers PRG484GGUS, PRG486GDUS, and PRG486GLUS and serial number ranges 98020001-98129999, 99010001-99129999, 20010001-20129999 and 81010001- 81119999 are included in the recall. The model and serial number are located on a data plate behind the kick panel at the bottom front of the range.

Appliance and specialty stores nationwide sold the ranges from March 1998 through November 2001 for between $5540 and $6370.

Consumers should stop using the small ovens immediately and contact their local Thermador service center to arrange a free repair. For more information or to locate a local authorized service center, contact Thermador at (800) 735-4328 between 5 a.m. and 5 p.m. PT Monday through Friday.

CPSC and Random House Announce Recall of Children's Book

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Random House Inc., of New York, N.Y., is voluntarily recalling about 39,000 copies of Monsters In The Closet children's board books. The snap that secures the book could detach, posing a choking hazard to young children.

CPSC and Random House have not received any reports of injuries involving this book. This recall is being conducted to prevent the possibility of injuries.

The board books are constructed of heavy cardboard with Monsters Inc. cartoon characters on each page. The title "MONSTERS IN THE CLOSET" is printed with orange letters highlighted in yellow on the front cover of the books. The books have a hole at the top of the back cover to allow them to hang on a door knob. The books have been printed in English and Spanish languages. "Made in China" is printed on the back of the book.

Book, specialty stores and online retailers sold these books nationwide from October 2001 through January 2002 for about $8.

Consumers should cut off the snap from these books immediately and mail the snap to: Tri-State, c/o Marie Corsello, 325 Rabro Drive, Hauppauge, NY 11788 to receive a free replacement book valued at about $9. For additional information, contact Random House at (800) 493-0009 \ between 9 a.m and 5 p.m.ET Monday through Friday, or visit the firm's website at www.randomhouse.com.

For more information on the current or any past recalls visit CPSC's homepage at http://www.cpsc.gov/

ERGONOMIC AWARENESS: *VIBRATION*

What Is Hand - Arm Vibration (HAV)?

HAV occurs when the hands and arms are exposed to vibration. Sources of vibration may include hand-held power tools or guiding materials, by hand, into a machine for processing.

What Are The Symptoms?

Vibration White Finger:

The symptoms of VWF are usually triggered by exposure to cold or wet environments. Early symptoms can be mild. The first sign is often an occasional attack where your fingertips become white. Continued exposure to vibrating tools, will cause the symptoms to persist and worsen. During an attack you finger may become numb and tingle (like “pins and needles’). An attack may end with the whiteness in you fingers changing to a deep red flush which is often painful.

Sensory nerve damage:

Damage to the nerves in you fingers will affect you sense of touch and temperature perception. You may also experience permanent numbness or tingling in you fingers.

Damage to muscles, bones and joint may cause less strength in your hands and pain in your wrists and arms.

What Causes The Problem?

Many common tools and processes such as soil compactors, jack hammers and air powered tools produce high levels of vibration which can cause permanent damage to your hands and arms. The risk of permanent damage depends on a number of things:

- How severe the vibration levels are
- How long you use the equipment for
- How awkward is the equipment to use
- How tightly you grip the equipment
- How cold and wet the environment is

What Can I do To Reduce Risk?

Do your part:

- Tell your supervisor about tools or processes which produce high or increased levels of vibration
- Cooperate with new ways of working that are developed to reduce risk. Give new work methods and tools a try, especially when the goal is to reduce you risk of exposure
- Help maintain all tools and report tool problems
- Use the right tool for the job
- Don’t use any more force than necessary when using tools or machines (an old adage is “let the tool do the work”)
- Try to avoid long periods of equipment use without a break
- Keep your tools in good working order
- Take an active part in the Safety and Health Program
- Talk to your Safety and Health representatives at the Wing Safety Office X6013.

It is important to keep your blood circulating while working so:

- Keep warm at work, especially your hands. Wear warm gloves and extra clothing if you work in the cold, because your blood circulation slows down when you are cold
- Don’t smoke! Or at least cut down just before and while you are at work, because smoking affects blood flow
- Exercise you hand and fingers to improve blood flow

DON’T IGNORE SYMPTOMS - REPORT EARLY